


1a La televisión

| Español | Word Type | Inglés |
|--------------------------------|---------------------|---------------------------------------|
| (poco) apto/apropiado/adecuado | adjective | (un)suitable |
| actual | adjective | current, present-day, modern |
| adictivo | adjective | addictive |
| ameno/divertido | adjective | enjoyable |
| basura (i.e. la tele basura) | adjective | trashy (i.e. trashy TV) |
| diario | adjective | daily |
| educativo | adjective | educational |
| indeseable | adjective | undesirable |
| insoportable | adjective | unbearable |
| maleducado | adjective | rude |
| mensual | adjective | monthly |
| puesto/a | adjective | switched on |
| quincenal | adjective | fortnightly |
| semanal | adjective | weekly |
| sobrado/exagerado | adjective | over the top |
| frente a | adverbial | in front of |
| caja tonta | noun (fem. sing) | 'the box' (television) |
| gama de programas | noun (fem. sing) | a range of programmes |
| herramienta | noun (fem. sing) | tool |
| niñera electrónica | noun (fem. sing) | child-minder/baby-sitter |
| pantalla | noun (fem. sing) | screen |
| programación | noun (fem. sing) | programme times/range |
| telebasura | noun (fem. sing) | trashy TV |
| televisión por cable | noun (fem. sing) | cable TV |
| tertulia | noun (fem. sing) | chat show |
| violencia televisiva | noun (fem. sing) | violence on TV |
| contenidos de corazón | noun (masc. plural) | celebrity gossip |
| programas (reality) | noun (masc. plural) | reality programmes |
| programas de cotilleo | noun (masc. plural) | TV chat/gossip shows |
| arquetipo | noun (masc. sing) | archetype (certain type of character) |
| canal de televisión | noun (masc. sing) | (TV) channel |
| capítulo | noun (masc. sing) | episode |
| comportamiento | noun (masc. sing) | behaviour |
| concurso | noun (masc. sing) | contest |
| culebrón | noun (masc. sing) | soap opera |
| documental | noun (masc. sing) | documentary |
| espacio publicitario | noun (masc. sing) | commercial break |
| horario de máxima audiencia | noun (masc. sing) | prime time |
| informativo | noun (masc. sing) | TV news programme |

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|---------------------------------------|--------------------------|---|
| jurado | <i>noun (masc. sing)</i> | jury |
| perdedor | <i>noun (masc. sing)</i> | loser |
| premio | <i>noun (masc. sing)</i> | a prize |
| público objetivo | <i>noun (masc. sing)</i> | target audience |
| telediario | <i>noun (masc. sing)</i> | television news bulletin |
| telespectador | <i>noun (masc. sing)</i> | TV viewer |
| televisor | <i>noun (masc. sing)</i> | TV set |
| tráiler | <i>noun (masc. sing)</i> | trailer |
| vencedor | <i>noun (masc. sing)</i> | winner |
| alargar | <i>verb</i> | to extend, spin out, prolong |
| ambientar | <i>verb</i> | to set (context of a story) |
| apagar | <i>verb</i> | to turn off |
| atontar | <i>verb</i> | to make stupid |
| difundir | <i>verb</i> | to spread, transmit |
| distraer | <i>verb</i> | to amuse, distract, entertain |
| encender/poner (la tele) | <i>verb</i> | to put on (the TV) |
| engancharse a | <i>verb</i> | to get hooked on |
| enredarse en | <i>verb</i> | to get involved in |
| fomentar | <i>verb</i> | to promote, stir up, encourage |
| impedir | <i>verb</i> | to impede |
| narrar | <i>verb</i> | to tell, recount |
| poner/encender | <i>verb</i> | to switch on |
| realizar | <i>verb</i> | to attain, achieve, fulfil |
| soler | <i>verb</i> | to be in the habit of |
| soñar (con) | <i>verb</i> | to dream (of) |
| subvencionar | <i>verb</i> | to subsidize |
| sumar | <i>verb</i> | to add up, total, summarize |
| apalancarse delante de la tele | <i>verb phrase</i> | to plonk yourself in front of the TV |
| dosificar el tiempo ante el televisor | <i>verb phrase</i> | to limit the amount of time spent watching TV |
| hacer de canguro | <i>verb phrase</i> | to baby-sit |
| hacer zapping | <i>verb phrase</i> | to channel hop |
| invadir la intimidad | <i>verb phrase</i> | to invade someone's privacy |
| producir un efecto hipnótico | <i>verb phrase</i> | produce a hypnotic effect |
| quedarte con los ojos cuadrados | <i>verb phrase</i> | to get square eyes |
| volver loco a alguien | <i>verb phrase</i> | to drive someone mad |

 Mis apuntes:

1b La publicidad

| Español | Word Type | Inglés |
|------------------------|--------------------------|-------------------------------|
| auténtico | <i>adjective</i> | authentic, real |
| borroso | <i>adjective</i> | vague, indistinct |
| efectivo (adj) | <i>adjective</i> | effective |
| emocionante | <i>adjective</i> | exciting |
| engañoso | <i>adjective</i> | dishonest, misleading |
| genial | <i>adjective</i> | brilliant, clever |
| imprescindible | <i>adjective</i> | essential, indispensable |
| informativo | <i>adjective</i> | informative |
| llamativo | <i>adjective</i> | noticeable |
| original | <i>adjective</i> | original |
| perjudicial | <i>adjective</i> | harmful, damaging |
| persuasivo | <i>adjective</i> | persuasive |
| rentable | <i>adjective</i> | profitable |
| subliminal | <i>adjective</i> | subliminal |
| de gama alta | <i>adverbial</i> | top quality |
| de moda | <i>adverbial</i> | fashionable |
| alcance | <i>noun (fem. sing)</i> | the reach |
| audiencia | <i>noun (fem. sing)</i> | audience |
| barrera | <i>noun (fem. sing)</i> | line, border |
| campaña | <i>noun (fem. sing)</i> | campaign |
| cartelera publicitaria | <i>noun (fem. sing)</i> | a billboard |
| creatividad | <i>noun (fem. sing)</i> | creativity |
| imprenta | <i>noun (fem. sing)</i> | printing press |
| portada | <i>noun (fem. sing)</i> | front page |
| publicidad sanitaria | <i>noun (fem. sing)</i> | health advertising |
| valla | <i>noun (fem. sing)</i> | hoarding, billboard |
| pancarta | <i>noun (masc. fem)</i> | placard, banner |
| anuncio (publicitario) | <i>noun (masc. sing)</i> | an advert |
| cinturón de seguridad | <i>noun (masc. sing)</i> | seat belt |
| comportamiento | <i>noun (masc. sing)</i> | behaviour |
| cupón | <i>noun (masc. sing)</i> | a coupon |
| dueño | <i>noun (masc. sing)</i> | owner |
| el éxito | <i>noun (masc. sing)</i> | result, outcome, success, hit |
| envase | <i>noun (masc. sing)</i> | container/packaging |
| eslogan | <i>noun (masc. sing)</i> | a slogan |
| folleto de propaganda | <i>noun (masc. sing)</i> | a propaganda leaflet |
| lavado del cerebro | <i>noun (masc. sing)</i> | brainwashing |
| objeto | <i>noun (masc. sing)</i> | the target |
| reclamo | <i>noun (masc. sing)</i> | lure, decoy |

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|---------------------------------------|-------------|--|
| aconsejar | verb | to advise |
| aprovechar | verb | to take advantage of, make the most of |
| conformarse con | verb | to settle for |
| denunciar | verb | to criticise/voice |
| destacar | verb | to stand out |
| influnciar | verb | to influence |
| insensibilizar | verb | desensitise |
| orientar (a) | verb | to aim/direct (at) |
| patrocinar | verb | to sponsor, back |
| persuadir | verb | to persuade |
| protagonizar | verb | to represent |
| deformar la realidad | verb phrase | to distort the truth |
| gastar un ojo de la cara/una pasta | verb phrase | to spend an arm and a leg |
| llamar a nuestros instintos más bajos | verb phrase | to appeal to our baser instincts |
| te incita a gastar dinero | verb phrase | it encourages you to spend money |

 Mis apuntes:

1c La tecnología de comunicación

| Español | Word Type | Inglés |
|---------------------------------|---------------------|-----------------------------|
| imprescindible | adjective | indispensable, vital |
| inalámbrico | adjective | wireless, cordless |
| revolucionario | adjective | revolutionary |
| del año catapum | adverbial | old/out-dated |
| amenaza | noun (fem. sing) | threat |
| clave de acceso | noun (fem. sing) | password |
| cuenta bancaria | noun (fem. sing) | bank account |
| dependencia | noun (fem. sing) | dependency |
| dirección de correo electrónico | noun (fem. sing) | email address |
| estafa | noun (fem. sing) | con, fraud |
| internet | noun (fem. sing) | internet |
| página de inicio | noun (fem. sing) | home page |
| piratería | noun (fem. sing) | piracy |
| prudencia | noun (fem. sing) | caution, wisdom, discretion |
| red | noun (fem. sing) | world wide web |
| auriculares | noun (masc. plural) | headphones |
| bloguero | noun (masc. plural) | a blogger |
| chat | noun (masc. plural) | a web chat room |
| fichero | noun (masc. plural) | a file |
| internauta | noun (masc. plural) | an internet user |
| mensaje de texto | noun (masc. plural) | a text message |
| video juegos | noun (masc. plural) | computer games |
| (ordenador) portátil | noun (masc. sing) | laptop |
| (teléfono) móvil | noun (masc. sing) | mobile phone |
| almacenamiento | noun (masc. sing) | storage |
| aparato | noun (masc. sing) | a piece of equipment |
| buscador | noun (masc. sing) | search engine |
| buzón de voz | noun (masc. sing) | voicemail |
| extraño | noun (masc. sing) | stranger |
| fin | noun (masc. sing) | purpose, aim |
| internauta | noun (masc. sing) | internet user |
| ligoteo por internet | noun (masc. sing) | internet dating |
| ordenador (de mesa) | noun (masc. sing) | computer (desktop) |
| reproductor mp3 | noun (masc. sing) | mp3 player |
| teléfono fijo | noun (masc. sing) | fixed line phone |
| tono | noun (masc. sing) | mobile ring tone |
| usuario | noun (masc. sing) | user |
| charlar con amigos | verb | to chat to friends |
| descargar/bajar | verb | to download |

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|--|--------------------|---|
| enfocar | <i>verb</i> | to focus, point, look at |
| engañar | <i>verb</i> | to cheat |
| estar enganchado | <i>verb</i> | to be hooked (i.e. los video juegos te enganchan) |
| grabar | <i>verb</i> | to record |
| guardar | <i>verb</i> | keep, save, put away, guard |
| hacer falta | <i>verb</i> | to need |
| inundar | <i>verb</i> | to flood, swamp, inundate |
| medir | <i>verb</i> | to measure, gauge |
| navegar por internet | <i>verb</i> | to surf the web |
| piratear música | <i>verb</i> | to copy music illegally |
| solicitar | <i>verb</i> | to request |
| sonar | <i>verb</i> | to ring, sound |
| subir | <i>verb</i> | to upload |
| vincular | <i>verb</i> | to link |
| vocear | <i>verb</i> | to shout to all and sundry |
| hablar con desconocidos | <i>verb phrase</i> | to talk to strangers |
| recibir/revisar/mandar correo electrónico y mensajes | <i>verb phrase</i> | to receive/check/send email and messages |

 Mis apuntes:

2a El cine

| Español | Word Type | Inglés |
|---|--------------------|---|
| borroso | adjective | blurry/fuzzy |
| actor (el) / actriz (la) | noun | actor/actress |
| palomitas (las) | noun (fem plural) | popcorn |
| banda sonora (la) | noun (fem sing) | sound track |
| cartelera (la) | noun (fem sing) | cinema listings |
| entrada (la) | noun (fem sing) | ticket (to go to cinema) |
| pantalla grande (la) | noun (fem sing) | the big screen |
| película (una) | noun (fem sing) | film |
| película de amor (una) | noun (fem sing) | love film |
| película de aventuras (una) | noun (fem sing) | adventure film |
| película de ciencia ficción (una) | noun (fem sing) | science fiction film |
| película de terror (una) | noun (fem sing) | terror film |
| película del Oeste (una) | noun (fem sing) | cowboy film |
| película en blanco y negro (una) | noun (fem sing) | black and white film |
| taquilla (la) | noun (fem sing) | box office |
| efectos especiales (los) | noun (masc plural) | special effects |
| subtítulos (los) | noun (masc plural) | subtitles |
| alquiler (el) | noun (masc sing) | rent |
| argumento (el) | noun (masc sing) | storyline |
| cinéasta (un) | noun (masc sing) | film director |
| estreno (el) | noun (masc sing) | the opening night |
| Goya (un) | noun (masc sing) | Spanish equivalent to Oscar |
| guionista (el) | noun (masc sing) | the scriptwriter |
| montaje (el) | noun (masc sing) | editing |
| papel (el) | noun (masc sing) | role |
| plano corto (el) | noun (masc sing) | close up |
| plató (el) | noun (masc sing) | set |
| premio (un) | noun (masc sing) | an award |
| protagonista (un) | noun (masc sing) | main role/protagonist |
| público (el) | noun (masc sing) | the audience |
| rodaje (el) | noun (masc sing) | filming |
| tráiler (el) | noun (masc sing) | trailer |
| el cine es un reflejo de nuestra sociedad | noun phrase | cinema is a reflection of our society |
| la gente copia lo que ve en la pantalla | noun phrase | people copy what they see on the big screen |
| la peli me tuvo pegado/a a la butaca | noun phrase | the film had me on the edge of my seat |
| la película me despertó mucho interés | noun phrase | the film really interested me |
| la película no es fiel al libro | noun phrase | the film does not stick to the book |
| actuar | verb | to act |
| conmover | verb | to move (emotionally) |

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|----------------------------|-------------|-------------------------------|
| doblar | verb | to dub |
| grabar | verb | to film |
| guión (el) | verb | script |
| protagonizar | verb | to play a main role |
| alquilar un DVD | verb phrase | to rent a DVD |
| desempeñar un papel | verb phrase | to play a part/role |
| explorar nuevos horizontes | verb phrase | to explore new horizons |
| meterse en la acción | verb phrase | to get involved in the action |
| no apta para menores | verb phrase | for adults only |
| rodar (una película) | verb phrase | to shoot (a film) |
| tener mucho éxito | verb phrase | to be successful |
| ver una película | verb phrase | to watch a film |

 Mis apuntes:

2b La música

| Español | Word Type | Inglés |
|--|-------------------|---|
| cantante (el/la) | noun | singer |
| cantaor(a) (el/la) | noun | flamenco singer |
| canción (una) | noun (fem sing) | song |
| canción protesta (una) | noun (fem sing) | a protest song |
| estrella de pop (la) | noun (fem sing) | pop star |
| guitarra (eléctrica) (la) | noun (fem sing) | (electric) guitar |
| letra (la) | noun (fem sing) | lyrics, song words |
| lista de éxitos (la) | noun (fem sing) | charts |
| música ambiental (la) | noun (fem sing) | piped music |
| música bacalao (la) | noun (fem sing) | techno music |
| música folk (la) | noun (fem sing) | folk music |
| ópera (la) | noun (fem sing) | opera |
| canto (el) | noun (masc sing) | singing |
| compositor (el) | noun (masc sing) | composer |
| coro (el) | noun (masc sing) | choir |
| disco compacto/CD (el) | noun (masc sing) | CD |
| grupo de rock (el) | noun (masc sing) | rock band |
| instrumento (el) | noun (masc sing) | instrument |
| músico (un) | noun (masc sing) | musician |
| pinchadiscos (el) | noun (masc sing) | DJ |
| recopilatorio (un) | noun (masc sing) | compilation |
| la mala influencia de la letra | noun phrase (m.f) | the bad influence of the lyrics |
| ensayar | verb | to rehearse |
| dar un concierto | verb phrase | to give a concert |
| definirse a través de tus gustos musicales | verb phrase | to define yourself by the music you listen to |
| escuchar música a todo volumen | verb phrase | to listen to music at full blast |
| imitar el estilo de tu músico favorito | verb phrase | to copy the style of your favourite musician |
| subir/bajar el volumen | verb phrase | to turn up/down the volume |

 Mis apuntes:

2c La moda y las tendencias

| Español | Word Type | Inglés |
|---|---------------------------|-------------------------------------|
| anticuado | <i>adjective</i> | old-fashioned |
| cursi | <i>adjective</i> | twee, pretentious |
| cutre/horter | <i>adjective</i> | tacky |
| deslumbrante | <i>adjective</i> | dazzling |
| exquisito | <i>adjective</i> | trendy |
| incitante | <i>adjective</i> | provocative |
| macarra | <i>adjective</i> | chavvy/tacky |
| modelo (uno/a) | <i>noun</i> | a fashion model |
| adoración de celebridades (la) | <i>noun (fem sing)</i> | the worship of celebrities |
| alta sociedad (la) | <i>noun (fem sing)</i> | the jet set |
| cirugía plástica (la) | <i>noun (fem sing)</i> | plastic surgery |
| delgadez (la) | <i>noun (fem sing)</i> | slimness |
| desarrollo sexual (el) | <i>noun (fem sing)</i> | sexual development |
| gama (la) | <i>noun (fem sing)</i> | range |
| individualidad (la) | <i>noun (fem sing)</i> | individuality |
| pasarela (la) | <i>noun (fem sing)</i> | catwalk |
| portada (la) | <i>noun (fem sing)</i> | front page/cover (e.g. of magazine) |
| prenda (la) | <i>noun (fem sing)</i> | an item of clothing |
| presión de grupo (f) | <i>noun (fem sing)</i> | peer group pressure |
| revista del corazón (la) | <i>noun (fem sing)</i> | a glossy magazine |
| ropa de marca (la) | <i>noun (fem sing)</i> | designer clothes |
| tela (la) | <i>noun (fem sing)</i> | a fabric, material |
| chinelos (los) | <i>noun (masc plural)</i> | spare tyre (fat around middle) |
| pestañas falsas (las) | <i>noun (masc plural)</i> | false eyelashes |
| aspecto físico (el) | <i>noun (masc sing)</i> | physical appearance |
| corte de pelo (el) | <i>noun (masc sing)</i> | a haircut |
| culto al cuerpo (el) | <i>noun (masc sing)</i> | obsession over appearance |
| estampado (el) | <i>noun (masc sing)</i> | print (fabric) |
| ídolo (el) | <i>noun (masc sing)</i> | an idol |
| look (el) | <i>noun (masc sing)</i> | look/style |
| peinado (el) | <i>noun (masc sing)</i> | hairstyle |
| tableta de chocolate (el) | <i>noun (masc sing)</i> | six pack |
| tabloide (el) | <i>noun (masc sing)</i> | tabloid |
| tatuaje (un) | <i>noun (masc sing)</i> | a tattoo |
| de calidad | <i>noun phrase</i> | quality |
| en las rebajas encuentras buenas gangas | <i>noun phrase</i> | in the sales you get good bargains |
| ocultar | <i>verb</i> | to disguise, conceal |
| pintarse / maquillarse | <i>verb</i> | to put on makeup |
| aspirar a ser como ellos | <i>verb phrase</i> | to aspire to be like them |

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| comprar en las cadenas | verb phrase | to buy in high street chains |
| copiar el estilo de la gente famosa | verb phrase | to copy the style of famous people |
| definirse a través de la ropa | verb phrase | to define yourself by your clothes |
| estar al tanto de la moda | verb phrase | to keep your eye on fashion/trends |
| estar de moda | verb phrase | to be fashionable |
| estar guay | verb phrase | to be cool |
| estar lo más guapo posible | verb phrase | to look good (not mirar!!) |
| estar pasado de moda | verb phrase | to be out of fashion |
| gastar un dineral en la ropa | verb phrase | to spend a fortune on clothes |
| hacer un esfuerzo | verb phrase | to make an effort |
| hacerse un piercing | verb phrase | to get a piercing |
| invadir la intimidad de alguien | verb phrase | to invade somebody's privacy |
| ir de punta en blanco | verb phrase | to be elegantly dressed |
| pintase como una pared | verb phrase | to put on loads of makeup |
| presumir de algo | verb phrase | to show something off |
| recurrir a la cirugía plástica | verb phrase | to turn to plastic surgery |
| renovar el vestuario | verb phrase | to renew your wardrobe |
| sacar el mayor partido | verb phrase | to get the most out of |
| se lleva un montón | verb phrase | it's a huge hit |
| seguir la moda | verb phrase | to follow fashion/trends |
| seguir la moda como un borrego | verb phrase | to be like a sheep (following same trends) |
| ser carroza | verb phrase | to be an old fuddy-duddy |
| tener buen tipo | verb phrase | to have a good figure |
| teñirse el pelo | verb phrase | to dye your hair |

 Mis apuntes:

3a El deporte y la actividad física

| Español | Word Type | Inglés |
|---|----------------------------|--|
| instalaciones (deportivas) | <i>noun (fem. plural)</i> | (sports) facilities |
| articulación | <i>noun (fem. sing)</i> | a joint |
| caída libre | <i>noun (fem. sing)</i> | free-falling |
| escalada (libre) | <i>noun (fem. sing)</i> | climbing |
| fuerza | <i>noun (fem. sing)</i> | strength |
| halterofilia | <i>noun (fem. sing)</i> | weightlifting |
| lesión | <i>noun (fem. sing)</i> | an injury |
| Olimpiada | <i>noun (fem. sing)</i> | an Olympiad |
| selección | <i>noun (fem. sing)</i> | a team (selection) |
| deportes competitivos | <i>noun (masc. plural)</i> | competitive sports |
| deportes de alto riesgo | <i>noun (masc. plural)</i> | high risk sports |
| deportes de equipo | <i>noun (masc. plural)</i> | team sports |
| Juegos Olímpicos | <i>noun (masc. plural)</i> | Olympic Games |
| árbitro | <i>noun (masc. sing)</i> | the referee |
| automovilismo | <i>noun (masc. sing)</i> | motor racing |
| balonmano | <i>noun (masc. sing)</i> | handball |
| calentamiento | <i>noun (masc. sing)</i> | warm-up |
| campeonato | <i>noun (masc. sing)</i> | a championship |
| culturismo | <i>noun (masc. sing)</i> | bodybuilding |
| dopaje | <i>noun (masc. sing)</i> | drug taking in sport |
| enfriamiento | <i>noun (masc. sing)</i> | cool-down |
| entrenador | <i>noun (masc. sing)</i> | a trainer |
| espíritu de rivalidad | <i>noun (masc. sing)</i> | rivalry spirit |
| estiramiento | <i>noun (masc. sing)</i> | stretching |
| golpe de adrenalina | <i>noun (masc. sing)</i> | an adrenalin rush |
| hueso | <i>noun (masc. sing)</i> | a bone |
| montañismo | <i>noun (masc. sing)</i> | mountaineering |
| paracaidismo | <i>noun (masc. sing)</i> | sky diving |
| parapente, ala delta | <i>noun (masc. sing)</i> | hang gliding |
| piragüismo | <i>noun (masc. sing)</i> | canoeing |
| puenting | <i>noun (masc. sing)</i> | bungee jumping |
| rendimiento | <i>noun (masc. sing)</i> | performance |
| reposo | <i>noun (masc. sing)</i> | rest |
| a la gente le da pereza hacer ejercicio | <i>noun phrase</i> | people can't be bothered with exercise |
| adelantar | <i>verb</i> | to overtake |
| batir un record | <i>verb</i> | to break a record |
| conseguir una medalla | <i>verb</i> | to get a medal |
| derrotar | <i>verb</i> | to defeat |

| | | |
|---------------------------------|-------------|----------------------------|
| disputar | verb | to compete for |
| entrenarse | verb | to train |
| fichar | verb | to sign |
| hacer de deporte | verb | to do sport |
| inscribir | verb | to register, enrol |
| promover | verb | to promote |
| estar en forma | verb phrase | to be fit |
| estar lo mejor posible | verb phrase | to look good (not mirar!!) |
| mantener la forma | verb phrase | to stay in shape |
| marcar un gol | verb phrase | to score a goal |
| matricularse en un gimnasio | verb phrase | to sign up to the gym |
| ponerse cachas | verb phrase | to get muscly |
| promociona el trabajo en equipo | verb phrase | it promotes team work |
| ser deportivo | verb phrase | to be sporty |

 Mis apuntes:

3b La salud y el bienestar

El alcohol

| Español | Word Type | Inglés |
|------------------------------|-------------------|-------------------------------------|
| sobrio | adjective | sober |
| bebida | noun (fem. sing) | drink |
| bebida alcohólica | noun (fem. sing) | alcoholic drink |
| borrachera | noun (fem. sing) | drunken state, binger |
| embriaguez | noun (fem. sing) | drunkenness |
| juerga | noun (fem. sing) | binge |
| resaca | noun (fem. sing) | hangover |
| alcohólico | noun (masc. sing) | alcoholic |
| alcoholímetro | noun (masc. sing) | breathalyser |
| alcoholismo | noun (masc. sing) | alcoholism |
| calimocho | noun (masc. sing) | red wine mixed with cola |
| emborracharse | verb | to get drunk |
| estar borracho como una cuba | verb phrase | to be as drunk as a Lord |
| hacer botellón | verb phrase | to drink with friends in the street |
| pillarse un pedo | verb phrase | to get blind drunk (slang) |
| ser un borracho | verb phrase | to be a drunkard |
| tener una resaca | verb phrase | to have a hangover |

La dieta

| Español | Word Type | Inglés |
|-------------------|--------------------|----------------------|
| nutritivo | adjective | nourishing |
| rollizo | adjective | chubby, plump |
| chucherías | noun (fem. plural) | sweets, treats |
| hortalizas | noun (fem. plural) | vegetables |
| legumbres | noun (fem. plural) | pulses (peas, beans) |
| bollería | noun (fem. sing) | cakes, buns |
| caloría | noun (fem. sing) | calorie |
| cena | noun (fem. sing) | dinner |
| cocina casera | noun (fem. sing) | home cooking |
| comida | noun (fem. sing) | meal |
| comida rápida | noun (fem. sing) | fast food |
| conserva | noun (fem. sing) | canned food |
| dieta equilibrada | noun (fem. sing) | a balanced diet |
| fibra | noun (fem. sing) | fibre |
| grasa animal | noun (fem. sing) | animal fat |
| grasa vegetal | noun (fem. sing) | vegetable fat |
| merienda | noun (fem. sing) | afternoon snack |

| | | |
|----------------------------------|---------------------|---------------------------------|
| receta | noun (fem. sing) | recipe |
| tapa | noun (fem. sing) | snack |
| vitamina | noun (fem. sing) | vitamin |
| comestibles | noun (masc. plural) | foodstuffs |
| lácteos | noun (masc. plural) | dairy products |
| almuerzo | noun (masc. sing) | lunch |
| apetito | noun (masc. sing) | appetite |
| colesterol | noun (masc. sing) | cholesterol |
| ingrediente | noun (masc. sing) | ingredient |
| pan integral | noun (masc. sing) | wholemeal bread |
| plato | noun (masc. sing) | dish |
| plato principal | noun (masc. sing) | main meal |
| postre | noun (masc. sing) | dessert |
| problema de peso | noun (masc. sing) | weight problem |
| valor nutritivo | noun (masc. sing) | nutritional value |
| engordar | verb | to put on weight |
| picotear | verb | to nibble |
| saborear | verb | to taste |
| luchar contra el sobrepeso | verb phrase | to battle against excess weight |
| perder peso | verb phrase | to lose weight |
| ser goloso/a | verb phrase | to have a sweet tooth |
| tener una obsesión por adelgazar | verb phrase | to have a slimming obsession |

Las drogas

| Español | Word Type | Inglés |
|-------------------------|-------------------|---------------------------|
| colocado | adjective | high on drugs |
| bajo el efecto de ... | adverbial phrase | under the influence of... |
| adicción (a la heroína) | noun (fem. sing) | (heroin) addiction |
| cocaína | noun (fem. sing) | cocaine |
| dosis | noun (fem. sing) | dose |
| droga blanda/dura | noun (fem. sing) | a soft/hard drug |
| heroína | noun (fem. sing) | heroin |
| hierba | noun (fem. sing) | grass |
| jeringuilla | noun (fem. sing) | syringe |
| legalización | noun (fem. sing) | legalisation |
| rehabilitación | noun (fem. sing) | rehabilitation |
| adicto a la droga | noun (masc. sing) | drug addict |
| aditivo | noun (masc. sing) | additive |
| camello | noun (masc. sing) | drug pusher |
| consumo de drogas | noun (masc. sing) | drug taking |
| drogadicto | noun (masc. sing) | drug taker |

| | | |
|--------------------------------|--------------------------|----------------------------|
| mono/síndrome de abstinencia | <i>noun (masc. sing)</i> | withdrawal symptoms |
| porro/peta | <i>noun (masc. sing)</i> | joint (weed) |
| subidón | <i>noun (masc. sing)</i> | the buzz of drugs/alcohol |
| traficante de droga/el camello | <i>noun (masc. sing)</i> | drug dealer |
| tranquilizante | <i>noun (masc. sing)</i> | tranquilliser |
| yonqui | <i>noun (masc. sing)</i> | junkie |
| drogarse | <i>verb</i> | to take drugs |
| envenenarse | <i>verb</i> | to poison oneself |
| esnifar | <i>verb</i> | to sniff |
| inyectar | <i>verb</i> | to inject |
| darle al porro | <i>verb phrase</i> | to smoke dope regularly |
| drogarse para sentirse 'guay' | <i>verb phrase</i> | to take drugs to feel cool |
| inhalar pegamento | <i>verb phrase</i> | to glue-sniff |

El fumar

| Español | Word Type | Inglés |
|---|---------------------------|--|
| dificultades respiratorias | <i>noun (fem. plural)</i> | breathing difficulties |
| calada | <i>noun (fem. sing)</i> | puff |
| calada | <i>noun (fem. sing)</i> | (slang) a 'drag', a puff |
| campana antitabaco | <i>noun (fem. sing)</i> | anti-smoking campaign |
| multa | <i>noun (fem. sing)</i> | a fine |
| nicotina | <i>noun (fem. sing)</i> | nicotine |
| prohibición de fumar | <i>noun (fem. sing)</i> | the smoking ban |
| tos del fumador | <i>noun (fem. sing)</i> | smokers cough |
| alquitrán | <i>noun (masc. sing)</i> | tar |
| cáncer de pulmón | <i>noun (masc. sing)</i> | lung cancer |
| chequeo | <i>noun (masc. sing)</i> | check up |
| chicle | <i>noun (masc. sing)</i> | chewing gum |
| cigarrillo | <i>noun (masc. sing)</i> | cigarette |
| fumador | <i>noun (masc. sing)</i> | smoker |
| fumador pasivo | <i>noun (masc. sing)</i> | passive smoker |
| hábito | <i>noun (masc. sing)</i> | habit |
| pitillo | <i>noun (masc. sing)</i> | fag |
| puro | <i>noun (masc. sing)</i> | cigar |
| tabaquismo | <i>noun (masc. sing)</i> | addiction to tobacco |
| inhalar | <i>verb</i> | to inhale |
| me pone de mala leche que la gente fume en mi alrededor | <i>verb</i> | it winds me up that people smoke around me |
| repugnar | <i>verb</i> | to disgust |
| dejar de (fumar) | <i>verb phrase</i> | to give up (smoking) |
| ser un fumador empedernido | <i>verb phrase</i> | to be a heavy smoker |
| tabaco perjudica seriamente la salud | <i>verb phrase</i> | tobacco seriously damages health |

La salud (General)

| Español | Word Type | Inglés |
|--|---------------------|-------------------------------------|
| herido/lesionado | adjective | injured |
| intravenoso | adjective | intravenous |
| propenso a | adverbial phrase | susceptible to |
| enfermedades invernales | noun (fem. plural) | winter illnesses (coughs and colds) |
| alergia | noun (fem. sing) | allergy |
| cefalea | noun (fem. sing) | migraine |
| diabetes | noun (fem. sing) | diabetes |
| erupción | noun (fem. sing) | rash |
| gripe | noun (fem. sing) | flu |
| hipertensión | noun (fem. sing) | hypertension |
| la inflamación | noun (fem. sing) | inflammation |
| medicina | noun (fem. sing) | medicine |
| mortalidad | noun (fem. sing) | death rate |
| natalidad | noun (fem. sing) | birth rate |
| operación | noun (fem. sing) | operation |
| píldora | noun (fem. sing) | (contraceptive) pill |
| vacuna | noun (fem. sing) | vaccine |
| rayos X | noun (masc. plural) | X-rays |
| agotamiento | noun (masc. sing) | exhaustion |
| analgésico | noun (masc. sing) | pain-killer |
| cirujano | noun (masc. sing) | surgeon |
| comprimido | noun (masc. sing) | tablet |
| diabético | noun (masc. sing) | diabetic |
| efecto | noun (masc. sing) | the effect |
| efecto secundario | noun (masc. sing) | side effect |
| enfermero/a | noun (masc. sing) | nurse |
| estrés | noun (masc. sing) | stress |
| infarto | noun (masc. sing) | heart attack |
| medicamento | noun (masc. sing) | medicine (which you take) |
| médico | noun (masc. sing) | doctor |
| nivel de azúcar en la sangre | noun (masc. sing) | blood-sugar level |
| reconocimiento | noun (masc. sing) | examination |
| riesgo de infección | noun (masc. sing) | risk of infection |
| seguro médico | noun (masc. sing) | medical insurance |
| trasplante | noun (masc. sing) | transplant |
| el equilibrio entre vida personal y el trabajo | noun phrase | the work-life balance |
| contagiarse (de) | verb | to become infected (with), to catch |
| equilibrar | verb | to balance |
| herir/lesionar | verb | to injure |

| | | |
|---|--------------------|---------------------------------|
| operar | <i>verb</i> | to operate |
| resfriarse | <i>verb</i> | to catch a cold |
| sufrir (de) | <i>verb</i> | to suffer (from) |
| vacunarse contra | <i>verb</i> | to be vaccinated against |
| vomitarse | <i>verb</i> | to be sick |
| curar | <i>verb</i> | to cure |
| (estar) agotado | <i>verb phrase</i> | to be exhausted |
| ¡que te mejores pronto! | <i>verb phrase</i> | get well soon |
| estar enfermo | <i>verb phrase</i> | to be ill |
| estar hecho polvo | <i>verb phrase</i> | to feel a wreck |
| estar ingresado (en el hospital) estar hospitalizado | <i>verb phrase</i> | to be hospitalised |
| pasar una revisión médica | <i>verb phrase</i> | to have a medical examination |
| preocuparse por la salud | <i>verb phrase</i> | to worry about one's health |
| romperse[1] ... la pierna/el brazo etc. | <i>verb phrase</i> | to break one's ... leg/arm etc. |
| tener alergia a | <i>verb phrase</i> | to be allergic to |
| tener la tensión alta | <i>verb phrase</i> | to have high blood pressure |

 Mis apuntes:

3c Las vacaciones


| Español | Word Type | Inglés |
|-------------------------------------|---------------------|--------------------------------|
| aventurero | adjective | adventurous |
| dañino | adjective | harmful |
| descalzo | adjective | barefoot |
| engalanado | adjective | decorated, festooned |
| pintoresco | adjective | picturesque |
| rentable | adjective | affordable |
| sombrío | adjective | sombre, sad |
| de temporada | adverbial phrase | seasonal |
| en primera línea de la playa | adverbial phrase | right on the edge of the beach |
| mundialmente famoso | adverbial phrase | world-famous |
| algas | noun (fem. plural) | seaweed |
| chancletas | noun (fem. plural) | flip flops |
| invasiones de gamberros extranjeros | noun (fem. plural) | invasion of foreign yobs |
| agencia de viajes | noun (fem. sing) | travel agency |
| escasez | noun (fem. sing) | shortage |
| excursión | noun (fem. sing) | outing, trip |
| guía | noun (fem. sing) | guide book |
| hidratación | noun (fem. sing) | moisturising |
| industria del turismo | noun (fem. sing) | the tourist industry |
| llegada | noun (fem. sing) | arrival |
| ola | noun (fem. sing) | wave (water) |
| pérdida de identidad cultural | noun (fem. sing) | the loss of cultural identity |
| peregrinación | noun (fem. sing) | pilgrimage |
| reclamación | noun (fem. sing) | complaint |
| salida | noun (fem. sing) | departure |
| tauromaquia | noun (fem. sing) | bullfighting |
| temporada alta/baja | noun (fem. sing) | high/low season |
| vista | noun (fem. sing) | the view |
| zona costera | noun (fem. sing) | coastal area |
| fuegos artificiales | noun (masc. plural) | fireworks |
| agua potable | noun (masc. sing) | drinking water |
| alojamiento | noun (masc. sing) | accommodation |
| balneario | noun (masc. sing) | health spa |
| centro turístico | noun (masc. sing) | tourist centre |
| consumo | noun (masc. sing) | a cruise |
| despedida | noun (masc. sing) | (saying) a goodbye |
| despilfarro | noun (masc. sing) | waste, squandering |
| destino | noun (masc. sing) | destination |
| el consumo | noun (masc. sing) | consumption |

| | | |
|---------------------|--------------------------|-------------------------|
| estancia | <i>noun (masc. sing)</i> | ranch, farm |
| excursionista | <i>noun (masc. sing)</i> | day-tripper |
| gamberrismo | <i>noun (masc. sing)</i> | loutishness, yobishness |
| insolación | <i>noun (masc. sing)</i> | sunstroke |
| interés histórico | <i>noun (masc. sing)</i> | historical interest |
| litoral | <i>noun (masc. sing)</i> | the coast |
| pasajero | <i>noun (masc. sing)</i> | passenger |
| pasaporte | <i>noun (masc. sing)</i> | passport |
| patrimonio | <i>noun (masc. sing)</i> | heritage |
| precio | <i>noun (masc. sing)</i> | price |
| retraso | <i>noun (masc. sing)</i> | a delay |
| turismo | <i>noun (masc. sing)</i> | tourism |
| turismo alternativo | <i>noun (masc. sing)</i> | alternative tourism |
| turismo de masas | <i>noun (masc. sing)</i> | mass tourism |
| viaje organizado | <i>noun (masc. sing)</i> | package holiday |
| vuelo de bajo coste | <i>noun (masc. sing)</i> | a budget airline |
| alquilar | <i>verb</i> | to hire, rent |
| alquilar (un coche) | <i>verb</i> | to hire (a car) |
| conseguir (e ⇒ i) | <i>verb</i> | to obtain, achieve |
| degustar | <i>verb</i> | to taste, sample |
| descansar | <i>verb</i> | to relax |
| descubrir | <i>verb</i> | to discover |
| destruir | <i>verb</i> | to destroy |
| divertirse | <i>verb</i> | to enjoy yourself |
| enriquecer | <i>verb</i> | to enrich |
| explorar | <i>verb</i> | to explore |
| firmar el registro | <i>verb</i> | to check in (at hotel) |
| irse de vacaciones | <i>verb</i> | to go on holiday |
| marearse | <i>verb</i> | to get travel-sick |
| pasear | <i>verb</i> | to walk |
| planear | <i>verb</i> | to plan |
| rejuvenecer | <i>verb</i> | to rejuvenate |
| restringir | <i>verb</i> | to restrict, to limit |
| tumbarse | <i>verb</i> | to lie down |
| vigilar | <i>verb</i> | to supervise |
| visitar | <i>verb</i> | to visit |
| hacer autostop | <i>verb phrase</i> | to hitch hike |
| hacer turismo | <i>verb phrase</i> | to go sightseeing |
| montar (una tienda) | <i>verb phrase</i> | to pitch (a tent) |
| tomar el sol | <i>verb phrase</i> | to sunbathe |
| ver mundo | <i>verb phrase</i> | to see the world |

4a Las relaciones en familia

| Español | Word Type | Inglés |
|-----------------------------------|---------------------|----------------------------------|
| (estar) harto/a | adjective | (to be) fed up |
| orgulloso | adjective | proud |
| suegro (el) /suegra | noun | father/mother-in-law |
| agresividad | noun (fem. sing) | aggressiveness |
| autoridad paternal | noun (fem. sing) | paternal authority |
| baja paternal | noun (fem. sing) | paternity leave |
| carrera | noun (fem. sing) | (university) degree |
| edad del pavo | noun (fem. sing) | terrible teens |
| familia desestructurada | noun (fem. sing) | a broken family |
| familia unida | noun (fem. sing) | a close family |
| infancia | noun (fem. sing) | infancy |
| madrastra | noun (fem. sing) | stepmother |
| paternidad | noun (fem. sing) | parenthood |
| favoritismos | noun (masc. plural) | favouritism |
| fracaso | noun (masc. plural) | failure |
| padres | noun (masc. plural) | parents |
| comportamiento | noun (masc. sing) | behaviour |
| hogar [familiar] | noun (masc. sing) | (family) home |
| maltrato [a los niños] | noun (masc. sing) | child abuse |
| padrastro | noun (masc. sing) | stepfather |
| la sangre llama | noun phrase | blood is thicker than water |
| para colmo | noun phrase | to cap it all |
| acabar (+ adjective) | verb | to end up (+ adjective) |
| apoyar | verb | to support |
| castigar | verb | to punish |
| comportarse | verb | to behave |
| contestar mal | verb | to answer back |
| criar una familia | verb | to bring up a family |
| cuidar a los niños | verb | to look after the children |
| enriquecedor | verb | enriching |
| equivocarse | verb | to make mistakes |
| mentir | verb | to lie |
| parir | verb | to give birth |
| pelearse | verb | to argue, fight |
| cambiar los pañales del bebe | verb phrase | to change a baby's nappy |
| dar un cachete/bofetón a un niño | verb phrase | to smack a child |
| dar un salto | verb phrase | to take a step |
| escaparse de casa | verb phrase | to run away from home |
| faltarles el respeto a los padres | verb phrase | to disrespect your parents |
| hacer las paces | verb phrase | to make up (after a row) |
| hacer sacrificios para tus hijos | verb phrase | to make sacrifices for your kids |

| | | |
|-------------------------------------|-------------|--|
| hacerse cargo de | verb phrase | to take responsibility for |
| llegar a las tantas | verb phrase | to come home late |
| meterse (en ...) | verb phrase | to interfere in (...) <small>[e.g. mi madre se mete en mis asuntos]</small> |
| monopolizar el cariño de los padres | verb phrase | to monopolise parents' affection |
| mostrar autoridad | verb phrase | to show authority |
| quedarse embarazada | verb phrase | to get pregnant |
| rebelarse contra los padres | verb phrase | to rebel against your parents |
| ser un pedazo de pan | verb phrase | to be a great person |
| tocar fondo | verb phrase | to reach breaking point |

 Mis apuntes:

4b Las amistades

| Español | Word Type | Inglés |
|---------------------------------|------------------|--|
| celoso | adjective | jealous |
| comprensivo | adjective | understanding |
| confiable | adjective | reliable, trustworthy |
| leal | adjective | loyal |
| marchoso | adjective | fun-loving, lively |
| mentiroso | adjective | deceitful, false |
| rencoroso | adjective | spiteful, resentful |
| sensible | adjective | sensitive |
| solidario | adjective | caring |
| ventajista | adjective | self-seeking, opportunist |
| movida | noun (fem. sing) | a row |
| panda/pandilla | noun (fem. sing) | group of friends |
| pelea | noun (fem. sing) | a fight/row |
| cariño | noun (masc.sing) | affection |
| mejor solo que mal acompañado/a | noun phrase | you're better on your own than in bad company |
| arrepentirse | verb | to repent, to be sorry |
| atreverse | verb | to dare |
| compartir/guardar un secreto | verb | to share/keep a secret |
| conocer a alguien | verb | to meet, to get to know |
| contar con | verb | to depend on, count on |
| coquetear | verb | to flirt |
| culpar | verb | to blame |
| encontrar(se) | verb | to meet, to run into |
| enfadarse | verb | to get angry |
| engañar | verb | to deceive |
| entenderse | verb | to understand each other to get along well with |
| fastidiar | verb | to annoy |
| juzgar | verb | to judge |
| ligarse con | verb | pick up, get off (with) |
| molestar | verb | to annoy, bother |
| precipitarse | verb | to rush |
| proponerse | verb | to plan to, to intend |
| quejarse de | verb | to complain |
| armar un follón | verb phrase | to kick up a fuss |
| confiar en los amigos | verb phrase | to confide/trust in one's friends |
| entablar amistades | verb phrase | to strike up friendships |
| hablar de alguien a espaldas | verb phrase | to speak about s.one behind their back |
| hacerse amigo(a) de alguien | verb phrase | to become somebody's friend |
| llevarse bien/mal con alguien | verb phrase | to get on well/badly with someone |
| pase lo que pase | verb phrase | whatever happens |

| | | |
|----------------------------------|--------------------|------------------------------------|
| poner verde a alguien | <i>verb phrase</i> | to slag somebody off |
| respetar los sentimientos ajenos | <i>verb phrase</i> | to respect other people's feelings |
| (ser) coqueto | <i>verb phrase</i> | (to be) a flirt |
| ser pesado/una plasta | <i>verb phrase</i> | to be very boring |

 Mis apuntes:

4c El matrimonio y las parejas

| Español | Word Type | Inglés |
|-----------------------------------|---------------------|--|
| homosexual | adjective | homosexual |
| infiel | adjective | unfaithful |
| sexista | adjective | sexist |
| soltero/a | adjective | single |
| tareas domésticas | noun (fem. plural) | housework |
| ama de casa | noun (fem. sing) | a housewife |
| anticoncepción | noun (fem. sing) | contraception |
| cita por ordenador | noun (fem. sing) | an internet date |
| confianza | noun (fem. sing) | trust |
| custodia de los hijos | noun (fem. sing) | custody of the children |
| discriminación sexual | noun (fem. sing) | sexual discrimination |
| felicidad | noun (fem. sing) | happiness |
| fidelidad | noun (fem. sing) | fidelity |
| honestidad | noun (fem. sing) | honesty |
| igualdad de oportunidades | noun (fem. sing) | equal opportunities |
| independencia | noun (fem. sing) | Independence |
| infidelidad | noun (fem. sing) | being unfaithful, adultery |
| media naranja | noun (fem. sing) | one's other half |
| orientación matrimonial | noun (fem. sing) | marriage guidance |
| relación | noun (fem. sing) | relationship |
| separación | noun (fem. sing) | separation |
| derechos de la mujer | noun (masc. plural) | women's rights |
| ex cónyuges | noun (masc. plural) | ex-marrieds |
| impuestos | noun (masc. plural) | taxes |
| malos tratos | noun (masc. plural) | abuse |
| trámites de divorcio | noun (masc. plural) | divorce procedures |
| adulterio | noun (masc. sing) | Adultery |
| afecto | noun (masc. sing) | Affection |
| anillo | noun (masc. sing) | a ring |
| apoyo | noun (masc. sing) | help, support |
| compañero [sentimental] | noun (masc. sing) | Partner |
| divorcio | noun (masc. sing) | a divorce |
| flechazo | noun (masc. sing) | love at first sight |
| hijo adoptivo | noun (masc. sing) | an adopted child |
| ligoteo por internet | noun (masc. sing) | internet dating |
| machismo | noun (masc. sing) | male chauvinism |
| madre soltera (una)/padre soltero | noun (masc. sing) | a single mother/a single father |
| matrimonio (el) | noun (masc. sing) | a marriage |
| novio/la novia | noun (masc. sing) | a boyfriend/girlfriend/the groom/bride |

| | | |
|------------------------------------|--------------------------|--------------------------------------|
| respetto | <i>noun (masc. sing)</i> | respect |
| sentimiento | <i>noun (masc. sing)</i> | feeling |
| voto | <i>noun (masc. sing)</i> | a vow |
| beneficios fiscales del matrimonio | <i>noun phrase</i> | the tax benefits of marriage |
| del mismo género | <i>noun phrase</i> | same sex |
| casarse (con) | <i>verb</i> | to get married (to) |
| cohabitar/convivir | <i>verb</i> | to live together |
| confiar (en alguien) | <i>verb</i> | to trust (someone) |
| consentir (a alguien) | <i>verb</i> | to spoil (someone) |
| dar calabazas a alguien | <i>verb</i> | to jilt/dump someone |
| decepcionar | <i>verb</i> | to upset, distress |
| enamorarse | <i>verb</i> | to fall in love |
| fiarse de | <i>verb</i> | to trust |
| flirtear con alguien | <i>verb</i> | to flirt with someone |
| meterse | <i>verb</i> | to get involved |
| negarse a (hacer algo) | <i>verb</i> | to refuse (to do something) |
| quedarse | <i>verb</i> | to keep, to stay, to remain |
| realizarse | <i>verb</i> | to fulfil oneself |
| traicionar | <i>verb</i> | to cheat, be unfaithful |
| abandonar/dejar a tu pareja | <i>verb phrase</i> | to leave your partner |
| divorciarse | <i>verb phrase</i> | to get a divorce |
| echar de casa | <i>verb phrase</i> | to throw out of home |
| echar la culpa | <i>verb phrase</i> | to blame |
| enrollarse con alguien | <i>verb phrase</i> | to chat somebody up |
| esperar (algo) de (alguien) | <i>verb phrase</i> | to expect (something) of (someone) |
| estar comprometido/prometido | <i>verb phrase</i> | to be engaged |
| estar embarazada | <i>verb phrase</i> | to be pregnant |
| estar soltero/a | <i>verb phrase</i> | to be single |
| estar/ser celoso | <i>verb phrase</i> | to be jealous/to be a jealous person |
| irse a vivir juntos | <i>verb phrase</i> | to move in together |
| ligar con un(a) chico/a | <i>verb phrase</i> | to go out with a boy/girl |
| mantenerse por sí mismo | <i>verb phrase</i> | to look after one's self |
| no escatimar gastos | <i>verb phrase</i> | to spare no expense |
| perder tu virginidad | <i>verb phrase</i> | to lose your virginity |
| poner los cuernos (a tu pareja) | <i>verb phrase</i> | to cheat on your partner |
| quedarse soltero/a | <i>verb phrase</i> | to end up single |
| quedarse viudo | <i>verb phrase</i> | to end up widowed |
| salir del armario | <i>verb phrase</i> | to come out of the closet |
| sentirse atraído por ... | <i>verb phrase</i> | to feel attracted by ... |
| ser gay/lesbiana | <i>verb phrase</i> | to be gay/lesbian |
| tener una aventura amorosa | <i>verb phrase</i> | to have an affair |
| tener una relación | <i>verb phrase</i> | to have an affair |

volar el nido

verb phrase

to fly the nest (leave home)

 Mis apuntes: